

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

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5) 1. (currently amended) A vibration damper with variable damping force, comprising:

a working cylinder filled with damping medium;

a piston fastened to a piston rod arranged in an axially movable manner in said working cylinder and dividing the working cylinder into two working spaces;

first and second non-return valves arranged in said piston for respectively providing a damping force for the rebound and compression directions of the vibration damper, the damping force of said first and second non-return valves generating a soft characteristic of said vibration damper; and

a damping valve arranged in said piston and comprising a valve body and a valve seat defining a flow path therebetween, said damping valve having a selectively adjustable variable damping action and arranged in series with each of said first and second non-return valves so that the variable damping action offsets the soft characteristic generated by the damping force provided by each of said first and second non-return valves, wherein said damping valve in series with said first and second non-return valve comprise a sole passage for said damping medium through said piston between said two working spaces such that said damping fluid medium is required to flow through said flow path of said damping valve in a first direction when damping medium is exchanged between said two working spaces in the rebound direction and said damping medium is

required to flow through said flow path of said damping valve in a second direction when damping medium is exchanged between said two working spaces in the compression directions direction of the vibration damper, said second direction opposing said first direction.

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2. (original) The vibration damper of claim 1, wherein said damping valve comprises an externally activated actuator for adjusting said variable damping action.
3. (original) The vibration damper of claim 1, wherein at least one of said first and second non-return valves comprises an element from the group consisting of a spring lock and a spring-loaded valve disk.
4. (original) The vibration damper of claim 1, wherein a characteristic of said damping valve is precontrollable to a precontrolled setting in at least one of the rebound direction and the compression direction.
5. (previously amended) The vibration damper of claim 2, wherein said actuator for said damping valve comprises an electromagnet.
6. (original) The vibration damper of claim 1, wherein said first and second non-return valves are accommodated together with their associated valve seats in said piston.

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7. (original) The vibration damper of claim 1, wherein said first and second non-return valves are preassembled with their associated valve seats as a modular unit and are fixedly connected in said piston.

8. (canceled)

9. (original) The vibration damper of claim 1, wherein said first and second non-return valves communicate with one of said upper and lower working spaces and said damping valve actuates via at least one flow connection to the other of said upper and lower working spaces.

10. (previously amended) The vibration damper of claim 9, wherein said valve body is precontrollable to a precontrolled setting in one of said rebound and compression directions and directly controllable via an actuator in the other of said rebound and compression directions.

